

## **Heat Illness PSA**

**Did you know heat can cause illness and even be fatal to those who work in it?**

**For prevention of heat illness:**

- Drink 1 quart of water per hour.
- Avoid drinks that contain sugar, caffeine or alcohol.
- And take rest breaks in a shady area.

**Recognize the symptoms of heat illness such as:**

- Dizziness
- Head aches
- Fatigue and
- A lack of thirst

If you do get sick, tell your employer and seek medical attention immediately.

To learn more, visit [www.dir.ca.gov](http://www.dir.ca.gov) "Know Your Rights".

**This is a Cal/OSHA worker safety message.**